



Douro River Trail



Classificação Geral

Trail Longo

20,00 Km.

Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	283	Tiago Pereira,	Futebol Clube de Penafiel	SML	1	1:47:35.94	05:23	
2	184	Ricardo Campos,	ARC Vale S. Cosme	SML	2	2:00:31.09	06:02	0:12:55
3	273	Cristiano Santos,	A.D.Amarante Trail Running	SML	3	2:00:36.46	06:02	0:13:00
4	14	Mauricio Ferreira,	Travassós Running Fafe	M40L	1	2:01:57.12	06:06	0:14:21
5	270	RICARDO NUNES,	FRIDAO SEM LIMITES	SML	4	2:02:40.25	06:08	0:15:04
6	241	JOEL PINTO,	AD MARCO 09	SML	5	2:03:45.75	06:11	0:16:10
7	193	Humberto Vara,	Núcleo de montanha de espinho	M50L	1	2:07:22.54	06:22	0:19:47
8	45	Paulo Moreira,		SML	6	2:07:28.86	06:22	0:19:53
9	58	Fernando Carvalho,	Nós Acreditamos	M40L	2	2:08:32.90	06:26	0:20:57
10	178	Vitor Cruz,	HOMEFIT	SML	7	2:08:33.42	06:26	0:20:57
11	167	Antonio Teles,	Clube Trilheiros & Amigos	M40L	3	2:09:05.86	06:27	0:21:30
12	151	Paulino Sousa,	Industrial Desportivo Viegense	M50L	2	2:11:03.96	06:33	0:23:28
13	189	Sandro Gomes,	Sentir Escariz running	SML	8	2:12:07.87	06:36	0:24:32
14	56	José Pinto,	Nós Acreditamos	SML	9	2:12:13.42	06:37	0:24:37
15	52	Francisco Lemos,	Nós Acreditamos	M50L	3	2:12:13.74	06:37	0:24:38
16	301	Aprigio Chaves,	Chaves Running Team	SML	10	2:12:15.95	06:37	0:24:40
17	66	Carlos Vieira,	ADSEBOLIDO TRAIL BONECA DOUR	SML	11	2:13:18.94	06:40	0:25:43
18	297	Paulo Monteiro,	FRIDAO SEM LIMITES	SML	12	2:14:09.50	06:43	0:26:34
19	118	David Gonçalves,	Factor X / S4L / Medense FC	SML	13	2:15:17.33	06:46	0:27:41
20	158	Luís Rodrigues,	Chaves Running Team	M40L	4	2:15:51.60	06:48	0:28:16
21	276	Sérgio Carneiro,	Descola	SML	14	2:15:52.73	06:48	0:28:17
22	187	Valentim Henriques,		M50L	4	2:15:57.39	06:48	0:28:21
23	39	Sérgio Monteiro,	Sardonisca Runners	SML	15	2:17:41.09	06:53	0:30:05
24	74	Adolfo Gomes,	C. A. Andatrilhos Freamunde	M50L	5	2:18:07.38	06:54	0:30:31
25	75	Tiago Portela,	Turbo Kings 2.0	SML	16	2:18:37.92	06:56	0:31:02
26	48	Carlos Silva,	Clube Trilheiros & Amigos	M40L	5	2:18:45.42	06:56	0:31:09
27	28	Carvalho Carlos,	CAMINHEIROS DE PAÇOS	SML	17	2:20:03.88	07:00	0:32:28
28	185	Filipe Pereira,	Lousada Runners	SML	18	2:20:44.65	07:02	0:33:09
29	42	Ricardo Machado,	C. A. Andatrilhos Freamunde	M50L	6	2:21:18.26	07:04	0:33:42
30	116	António Rocha,	Factor X / S4L / Medense FC	M50L	7	2:21:21.64	07:04	0:33:46
31	120	Joaquim Carvalho,	Factor X / S4L / Medense FC	SML	19	2:21:46.00	07:05	0:34:10
32	27	Bruno Ribeiro,	Apulia a Correr	SML	20	2:21:49.42	07:05	0:34:13
33	244	BRUNO MOREIRA,	AD MARCO 09	SML	21	2:22:01.31	07:06	0:34:25
34	25	Jorge Sousa,	Turbo Kings 2.0	SML	22	2:23:27.74	07:10	0:35:52
35	127	Alcino Gouveia,	Sentir Escariz running	M40L	6	2:23:55.22	07:12	0:36:19
36	160	Norberto Costa,	Chaves Running Team	M50L	8	2:24:28.28	07:13	0:36:52
37	264	Vítor Neto,	C. A. Andatrilhos Freamunde	M40L	7	2:24:43.74	07:14	0:37:08
38	32	Bruno Ferreira,	Turbo Kings 2.0	SML	23	2:25:55.48	07:18	0:38:19
39	235	Rui Rodrigues,	AD MARCO 09	SML	24	2:26:00.47	07:18	0:38:24
40	38	José Moreira Silva,		M50L	9	2:27:15.95	07:22	0:39:40
41	156	Gonçalo Morais,	Chaves Running Team	M40L	8	2:27:16.71	07:22	0:39:41
42	199	Pedro Roxo,	Walking Inside Out	M40L	9	2:27:18.14	07:22	0:39:42
43	280	Rui Madureira,	Team Trail Bem Viver	SML	25	2:27:25.30	07:22	0:39:49
44	252	João Pedro Lourenço,	EASY TEAM	SML	26	2:28:10.72	07:25	0:40:35
45	50	António Pereira,	Nós Acreditamos	M50L	10	2:28:11.19	07:25	0:40:35
46	192	Nuno Monteiro,	Chaves Running Team	SML	27	2:28:31.46	07:26	0:40:55
47	152	Carlos Borges,	Chaves Running Team	SML	28	2:29:07.53	07:27	0:41:32
48	6	Hélder Moreira,	Mata elefantes	SML	29	2:29:16.66	07:28	0:41:41
49	271	Antonio Pinto,	MONTE DOS AMIGOS	SML	30	2:29:38.10	07:29	0:42:02
50	232	Telmo Tavares,		SML	31	2:29:40.87	07:29	0:42:05
51	182	Domingos Martins,	LousadaBTT	SML	32	2:30:14.39	07:31	0:42:38
52	125	José Oliveira,	Sentir Escariz running	M40L	10	2:30:22.59	07:31	0:42:47
53	166	Bruno Teles,	Arrasa Montanhas	SML	33	2:30:42.61	07:32	0:43:07
54	18	Marcos Ribeiro,		SML	34	2:30:45.27	07:32	0:43:09
55	206	Filipe Ferreira,	Team Trail Bem Viver	SML	35	2:31:11.02	07:34	0:43:35



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56	101	Manuel Rodrigues,	ARCORUN	M50L	11	2:31:20.50	07:34	0:43:44
57	237	PEDRO NOGUEIRA,	AD MARCO 09	SML	36	2:31:44.44	07:35	0:44:08
58	10	José Carvalho,	Travassós Running Fafe	SML	37	2:31:57.21	07:36	0:44:21
59	30	Helder Pereira,	Travassós Running Fafe	M40L	11	2:31:57.30	07:36	0:44:21
60	214	Vitor Vieira,	Trinca Bolotas	SML	38	2:33:10.59	07:40	0:45:35
61	180	Sandra Araújo,	FISIO.	SFL	1	2:33:13.64	07:40	0:45:38
62	299	Sérgio Ribeiro,	Descola	SML	39	2:33:17.75	07:40	0:45:42
63	179	José Calisto,	PRAIATRIL	M50L	12	2:34:27.69	07:43	0:46:52
64	137	Marco Naia,	Sportarc.running	SML	40	2:34:43.18	07:44	0:47:07
65	149	Pedro Rocha,	Trail Me	M40L	12	2:34:56.12	07:45	0:47:20
66	61	Fabio Silva,	Nós Acreditamos	SML	41	2:35:00.59	07:45	0:47:25
67	202	Luís Mota,	PRAIATRIL	M50L	13	2:35:04.05	07:45	0:47:28
68	60	Fernando Silva,	Nós Acreditamos	M50L	14	2:35:10.06	07:46	0:47:34
69	209	Daniel Pereira,	Sporting Club Santacruzense	SML	42	2:35:41.94	07:47	0:48:06
70	207	Antero Roque,	Sporting Club Santacruzense	SML	43	2:35:46.54	07:47	0:48:11
71	145	Nuno Cunha,	SMILE FOR NATURE	SML	44	2:36:10.20	07:49	0:48:34
72	269	ANDREIA ALMEIDA,	FRIDAO SEM LIMITES	SFL	2	2:36:55.45	07:51	0:49:19
73	70	Ricardo Ferreira,		SML	45	2:37:14.31	07:52	0:49:38
74	196	Nuno Faria,		SML	46	2:37:31.87	07:53	0:49:56
75	55	Jorge Vaz,	Nós Acreditamos	M40L	13	2:37:45.92	07:53	0:50:10
76	11	Nelson Pinto,	FigueiróFit	SML	47	2:38:24.38	07:55	0:50:48
77	140	FRANCISCO FONSECA,	EQUIPA JOAO FERREIRA	M40L	14	2:38:59.98	07:57	0:51:24
78	2	Damião Duarte,	Travassós Running Fafe	SML	48	2:39:08.01	07:57	0:51:32
79	239	JOSE NOGUEIRA,	AD MARCO 09	SML	49	2:39:21.23	07:58	0:51:45
80	245	MARGARIDA SOUSA,	AD MARCO 09	F40L	1	2:39:53.24	08:00	0:52:17
81	176	Carlos Rocha,		SML	50	2:40:05.36	08:00	0:52:29
82	129	Toni Paiva,	Sentir Escariz running	M40L	15	2:40:20.85	08:01	0:52:45
83	72	Luis Soares,	Turbo kings 2.0	SML	51	2:40:20.97	08:01	0:52:45
84	300	Artur Dias,	Chaves Running Team	M50L	15	2:40:23.32	08:01	0:52:47
85	96	Luis Vieira,	FAMARUNNERS	SML	52	2:41:49.29	08:05	0:54:13
86	1483	Carlos Fardilha,		SML	53	2:42:23.82	08:07	0:54:48
87	80	Gabriel Sousa,	Solemates	SML	54	2:42:33.61	08:08	0:54:58
88	79	Cristina Teixeira,		SFL	3	2:43:07.55	08:09	0:55:32
89	254	José Eduardo Fernandes,	Braguinhas Runners	M50L	16	2:43:09.17	08:09	0:55:33
90	132	Fernando Brandão,	Sentir Escariz running	M40L	16	2:43:36.06	08:11	0:56:00
91	153	Céu Costa,	Chaves Running Team	F50L	1	2:43:53.52	08:12	0:56:18
92	159	Miguel Almeida,	Chaves Running Team	M40L	17	2:43:54.02	08:12	0:56:18
93	226	tiago pimenta,	Haky pneus team	SML	55	2:44:15.08	08:13	0:56:39
94	114	Pedro Marques,	Factor X / S4L / Medense FC	M40L	18	2:44:49.47	08:14	0:57:13
95	154	Fátima Amóinha,	Chaves Running Team	SFL	4	2:44:49.64	08:14	0:57:14
96	277	Fernando Silva,	TrepaTrilhos Trail Team	M40L	19	2:45:01.59	08:15	0:57:26
97	200	Mirko Bruno Martín,	Club Deportivo U Lagartu Running	M40L	20	2:45:12.95	08:16	0:57:37
98	236	JOSE MOREIRA,	AD MARCO 09	M40L	21	2:45:21.63	08:16	0:57:46
99	243	JOAO CUNHA,	AD MARCO 09	SML	56	2:45:22.42	08:16	0:57:46
100	177	Rui Gonçalves,	Sportarc.Running	M40L	22	2:45:36.40	08:17	0:58:00
101	130	Vânia Relvas,	Sentir Escariz running	SFL	5	2:45:37.99	08:17	0:58:02
102	94	Manuel Gomes,	BTT Alegria // TUBANI	SML	57	2:46:27.32	08:19	0:58:51
103	8	Bruno Almeida,	Maty	SML	58	2:48:24.88	08:25	1:00:49
104	7	Bruno Moreira,	Maty	SML	59	2:48:26.94	08:25	1:00:51
105	23	António Mendonça,	Futebol Clube de Vizela	M50L	17	2:48:35.79	08:26	1:01:00
106	278	jorge andre coutinho pereira,		SML	60	2:48:58.35	08:27	1:01:22
107	1	João Sousa,		M40L	23	2:49:03.50	08:27	1:01:27
108	71	Mario Rodrigues,	Metralhas Runners	M40L	24	2:49:18.50	08:28	1:01:42
109	20	Rui André Pedrosa Estrada,		SML	61	2:49:19.23	08:28	1:01:43
110	3	Manuel FREIRE,	Clube Trilheiros & Amigos	M40L	25	2:49:55.82	08:30	1:02:20
111	259	JOSE LOUREIRO,	AUTISTIC RUNNERS	M50L	18	2:50:01.40	08:30	1:02:25
112	288	Ana Teixeira,	J A Moreira Runners	SFL	6	2:50:06.44	08:30	1:02:30
113	287	Jose Silva,	J A Moreira Runners	SML	62	2:50:06.60	08:30	1:02:31



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114	133	Cláudio Moreira,	Sentir Escariz running	SML	63	2:50:56.69	08:33	1:03:21
115	128	Rui Figueiredo,	Sentir Escariz running	M40L	26	2:50:56.78	08:33	1:03:21
116	225	Eduardo Pereira,	Haky penus team	SML	64	2:51:45.64	08:35	1:04:10
117	296	Sérgio Henriques,		SML	65	2:51:48.55	08:35	1:04:13
118	4	Daniel Machado,	C. A. Andatrilhos Freamunde	M40L	27	2:52:52.29	08:39	1:05:16
119	31	Marco Mendes,	C. A. Andatrilhos Freamunde	SML	66	2:52:52.69	08:39	1:05:17
120	210	Paulo Soares,		SML	67	2:52:54.08	08:39	1:05:18
121	240	TIAGO MARINHO,	AD MARCO 09	SML	68	2:52:54.54	08:39	1:05:19
122	21	Joao Cardoso,	S. S. Montepio	M40L	28	2:52:55.72	08:39	1:05:20
123	115	Marcos Santos,	Factor X / S4L / Medense FC	SML	69	2:53:07.98	08:39	1:05:32
124	142	Paulo Tavares,	TrepaTrilhos Trail Team	M50L	19	2:53:15.48	08:40	1:05:39
125	68	Cristina Madureira,		F40L	2	2:54:12.55	08:43	1:06:37
126	122	Eugénio Soares,	Factor X / S4L / Medense FC	M50L	20	2:54:15.92	08:43	1:06:40
127	26	Miguel Mendes,	ARC Vale S. Cosme	M40L	29	2:54:17.04	08:43	1:06:41
128	123	Paulo Freitas,	Factor X / S4L / Medense FC	M40L	30	2:54:25.55	08:43	1:06:50
129	86	Fabrice Pimenta de Carvalho,		SML	70	2:54:29.82	08:43	1:06:54
130	224	Cristiana Martins,	Team Lantemil	SFL	7	2:54:46.07	08:44	1:07:10
131	234	Jorge Almeida,	Soplabifana	M40L	31	2:56:03.77	08:48	1:08:28
132	134	Miguel Silva,	Sentir Escariz running	SML	71	2:56:35.84	08:50	1:09:00
133	265	Francisco Reis,	PRAIATRIL	M40L	32	2:56:57.33	08:51	1:09:21
134	195	Marcos Sousa,	Nova Linha Trail Runners	SML	72	2:57:11.24	08:52	1:09:35
135	53	Armando Cardoso,	Nós Acreditamos	M40L	33	2:57:13.26	08:52	1:09:37
136	47	Pedro Faria,		SML	73	2:57:20.04	08:52	1:09:44
137	141	Paulo Cortinhas,	Correrias	M40L	34	2:57:31.75	08:53	1:09:56
138	155	Fernanda Carneiro,	Chaves Running Team	F40L	3	2:58:11.26	08:55	1:10:35
139	139	RUI COMPLETO,	EQUIPA JOAO FERREIRA	M40L	35	2:58:12.00	08:55	1:10:36
140	24	Humberto Almeida,		SML	74	2:58:17.16	08:55	1:10:41
141	40	Dinis Pinto,	STCP Runners	M40L	36	2:58:36.75	08:56	1:11:01
142	54	Sandra Pereira,	Nós Acreditamos	F40L	4	2:58:40.03	08:56	1:11:04
143	57	Martinha Alves,	Nós Acreditamos	F50L	2	2:58:43.90	08:56	1:11:08
144	162	Fernando Miguel Gomes Pint	FAMARUNNERS	SML	75	2:59:01.15	08:57	1:11:25
145	17	Nelson Vilela,	FigueiróFit	SML	76	3:00:41.85	09:02	1:13:06
146	126	Flora Santos,	Sentir Escariz running	F40L	5	3:01:07.12	09:03	1:13:31
147	267	Tony Lopes,	Mud_Intolerance	SML	77	3:02:15.14	09:07	1:14:39
148	82	Bruno Cardoso,	Turbo Kings 2.0	SML	78	3:02:23.12	09:07	1:14:47
149	247	João Pedro Portela,	Turbo Kings 2.0	SML	79	3:02:23.30	09:07	1:14:47
150	249	Adão Rocha,	BTT Alegria // TUBANI	M50L	21	3:04:00.21	09:12	1:16:24
151	146	Licínia Santos,	Garças	F50L	3	3:05:20.99	09:16	1:17:45
152	135	José Duarte,	Sentir Escariz running	SML	80	3:05:57.24	09:18	1:18:21
153	99	Miguel Barros,	ARCORUN	M40L	37	3:06:56.14	09:21	1:19:20
154	138	Joaquim Fonseca,	EQUIPA JOAO FERREIRA	M50L	22	3:07:24.49	09:22	1:19:48
155	231	Rui Familiar,	TrepaTrilhos Trail Team	M40L	38	3:07:40.32	09:23	1:20:04
156	230	Marlene Ribeiro,	TrepaTrilhos Trail Team	F40L	6	3:07:41.46	09:23	1:20:05
157	77	Sandra Monteiro,	Clube de Montanha Alto Trilho - Javalis	F40L	7	3:09:31.19	09:29	1:21:55
158	76	Nuno Oliveira,	Clube de Montanha Alto Trilho - Javalis	M40L	39	3:09:31.71	09:29	1:21:56
159	1482	João Paulo Genésio,		M50L	23	3:09:57.09	09:30	1:22:21
160	190	Paula Cristina Pereira Silva,	Sérgio Rodrigues Fotografia	F40L	8	3:10:16.21	09:31	1:22:40
161	171	Emanuel Almeida,	COMDOR RUNNERS	SML	81	3:10:16.89	09:31	1:22:41
162	5	Alcídio Moreira,	Mata elefantes	M40L	40	3:10:19.56	09:31	1:22:44
163	238	RODRIGO AGUIAR,	AD MARCO 09	M50L	24	3:10:36.15	09:32	1:23:00
164	228	Jorge Alves,	Villa de Basto trail	M40L	41	3:12:48.74	09:38	1:25:13
165	62	Carlos Silva,	Nova Linha Trail Runners	M40L	42	3:12:50.09	09:39	1:25:14
166	229	Rui Branco da Cruz,		M40L	43	3:13:04.12	09:39	1:25:28
167	121	Jorge Almeida,	Factor X / S4L / Medense FC	M40L	44	3:13:25.50	09:40	1:25:50
168	173	Ligia Mendes,	Trilheiros e amigos	F40L	9	3:15:11.64	09:46	1:27:36
169	131	Ana Cabral,	Sentir Escariz running	SFL	8	3:17:20.57	09:52	1:29:45
170	242	VITOR QUEIROS,	AD MARCO 09	SML	82	3:17:35.04	09:53	1:29:59
171	147	Rui Silva Marante,		SML	83	3:18:34.21	09:56	1:30:58



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172	261	Nuno Almeida,		SML	84	3:19:08.02	09:57	1:31:32
173	22	Rui Freitas,	S. S. Montepio	M40L	45	3:19:13.66	09:58	1:31:38
174	117	Carla Neves,	Factor X / S4L / Medense FC	SML	85	3:19:15.00	09:58	1:31:39
175	9	Manuel Bastos,		M40L	46	3:19:15.00	09:58	1:31:39
176	258	Sousa Henrique,	Soplabifana	M40L	47	3:21:00.53	10:03	1:33:25
177	15	Paulo Cardoso,	Motobikerebelos	M40L	48	3:22:49.71	10:08	1:35:14
178	63	Pedro Rocha,	Nova Linha Trail Runners	M40L	49	3:24:28.06	10:13	1:36:52
179	286	Andre Moreira,	J A Moreira Runners	SML	86	3:25:08.31	10:15	1:37:32
180	218	Marco Jorge Aguiar,	serafim moreira & filhos	M40L	50	3:25:09.60	10:15	1:37:34
181	106	Joana Silva,	ARCORUN	SFL	9	3:27:51.17	10:24	1:40:15
182	198	Idalina Pereira,	Walking Inside Out	SFL	10	3:27:53.78	10:24	1:40:18
183	100	Paulo Reis,	ARCORUN	M40L	51	3:30:14.80	10:31	1:42:39
184	112	Sandra Ferreira,	ARCORUN	F40L	10	3:30:16.10	10:31	1:42:40
185	284	Fernando Vieira,	ARCORUN	M40L	52	3:30:17.43	10:31	1:42:41
186	215	Paulo Rocha,	Villa de Basto Trail	M40L	53	3:32:25.42	10:37	1:44:49
187	98	Nuno Fernandes,	ARCORUN	SML	87	3:33:55.89	10:42	1:46:20
188	107	Gloria Santos,	ARCORUN	F50L	4	3:33:57.63	10:42	1:46:22
189	108	Maria Fernandes,	ARCORUN	SFL	11	3:33:58.57	10:42	1:46:23
190	285	Jose Moreira,		M50L	25	3:35:26.00	10:46	1:47:50
191	260	Luisa Mota,		SFL	12	3:35:46.50	10:47	1:48:10
192	64	José Manuel Gonçalves,		M50L	26	3:35:47.01	10:47	1:48:11
193	266	Hugo Carvalho,	Metralhas Runners	SML	88	3:36:27.01	10:49	1:48:51
194	46	Elisabete Borges,	Braguinhas Runners	F40L	11	3:38:06.79	10:54	1:50:31
195	310	Filipe Soares,	S. S. Montepio	SML	89	3:38:07.74	10:54	1:50:32
196	95	Mário Estêvão,	BTT Alegria // TUBANI	SML	90	3:38:27.02	10:55	1:50:51
197	168	Aurora Silva,	Braguinhas Runners	F40L	12	3:38:28.33	10:55	1:50:52
198	150	Alberto Martins,	Wolf	M50L	27	3:38:33.72	10:56	1:50:58
199	174	Teresa Silva,	Turbulentos	F40L	13	3:39:57.53	11:00	1:52:22
200	188	Tiago Ferraz,	Mud_Intolerance	SML	91	3:40:19.84	11:01	1:52:44
201	248	Helder Lopes,	Mud_Intolerance	SML	92	3:40:32.03	11:02	1:52:56
202	103	Jorge Leite,	ARCORUN	M40L	54	3:42:43.16	11:08	1:55:07
203	197	Margarida Fernandes,	Walking Inside Out	SFL	13	3:44:01.48	11:12	1:56:25
204	233	Sandra Pires,	Walking Inside Out	F40L	14	3:44:02.02	11:12	1:56:26
205	33	Joaquim Gonçalves,	PRAIATRIL	M50L	28	3:44:11.73	11:13	1:56:36
206	41	Artur Fonseca,	Ruptura Total	M40L	55	3:45:03.13	11:15	1:57:27
207	274	Anabela Silva,		SFL	14	3:45:04.00	11:15	1:57:28
208	88	Rui Santos,		SML	93	3:45:32.78	11:17	1:57:57
209	87	Ana Luisa Fernandes,		SFL	15	3:45:33.99	11:17	1:57:58
210	157	José Carreira,	Chaves Running Team	SML	94	3:51:06.57	11:33	2:03:31
211	302	Fátima Afonso,	Chaves Running Team	F50L	5	3:51:08.96	11:33	2:03:33
212	43	José Fonseca,	Braguinhas Runners	M50L	29	3:51:11.01	11:34	2:03:35
213	213	Joana Sousa,	Trinca Bolotas	SFL	16	3:52:04.84	11:36	2:04:29
214	216	Diana Leite,	Trinca Bolotas	F40L	15	3:52:05.25	11:36	2:04:29
215	212	Sergio Lima,	Trinca Bolotas	SML	95	3:52:07.36	11:36	2:04:31
216	211	Miguel Silva,	Trinca Bolotas	M40L	56	3:52:08.40	11:36	2:04:32
217	78	Lindolfo Sol,		M40L	57	3:53:42.26	11:41	2:06:06
218	223	António Pinheiro,	NAC TRAIL	M40L	58	3:53:53.46	11:42	2:06:17
219	201	Paula Ribeiro,	FAMARUNNERS	F40L	16	3:57:10.27	11:52	2:09:34
220	91	Joana Santiago,	Garças	SFL	17	4:02:33.22	12:08	2:14:57
221	102	Fernando Lopes,	ARCORUN	M40L	59	4:03:47.56	12:11	2:16:12
222	111	Rosina Couto,	ARCORUN	F50L	6	4:03:49.89	12:11	2:16:14
223	104	Alexandra Lopes,	ARCOZELO	F40L	17	4:03:50.86	12:12	2:16:15
224	13	Helder Marques,	Caldas S.Jorge Sport Clube	SML	96	4:04:21.62	12:13	2:16:46
225	97	Margarida Brito,	Garças	SFL	18	4:04:21.78	12:13	2:16:46
226	272	Manuela Matias,	Braga	F40L	18	4:09:32.29	12:29	2:21:56
227	92	Ana Couto,	Garças	F40L	19	4:09:35.01	12:29	2:21:59
228	255	Beta Fernandes,	Braguinhas Runners	F40L	20	4:09:35.79	12:29	2:22:00
229	251	Sérgio Bastos,	Team Lantemil	SML	97	4:10:29.72	12:31	2:22:54



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230	250	Margarida Dantas,	Team lanthemil	SFL	19	4:10:29.88	12:31	2:22:54
231	16	Paulina Soares,	Tog	F50L	7	4:10:56.55	12:33	2:23:21
232	203	Carla Barbosa,		F40L	21	4:11:35.86	12:35	2:24:00
233	204	Alexandre Silva,		M50L	30	4:11:37.65	12:35	2:24:02
234	220	Gonçalo Nobre,	PentaRun	SML	98	4:11:38.96	12:35	2:24:03
235	221	José Carvalho,	PentaRun	M40L	60	4:11:39.51	12:35	2:24:04
236	257	João Cardoso,		M40L	61	4:14:19.65	12:43	2:26:44
237	256	Cristina Costa,		SFL	20	4:14:21.93	12:43	2:26:46